



## Ways to Get More Grains

- When making bread, muffins, biscuits, pancakes or waffles, try using some whole-wheat flour instead of all white flour.
- Use whole grain breads, bagels, tortillas, and pita bread for making sandwiches.
- Instead of eating chips or pretzels, try snacking on low-fat popcorn, low-fat granola, or crackers and rice cakes made of whole oats, brown rice, or whole grain cereals.
- When making corn bread, try using stone ground whole corn meal.



For more information:  
Toll Free

**1-866-369-9333**

Office of Public Health Nutrition

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